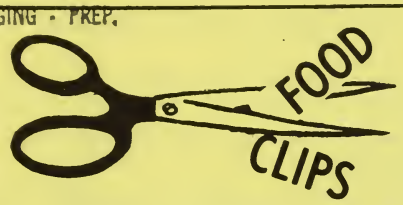
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

March 5, 1973



Do you know "parson brown?" It's an orange variety—they are especially good for juice—are medium size and have few seeds, according to U.S. Department of Agriculture home economists.

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A murcott is an orange, too—known for its exceptional sweetness, it has a smooth skin, high color, and is easily sectioned.

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Do you know the Hamlin orange? It's another good juice orange and is known for its sweetness. You may remember it best for its slightly rough peel and that it almost never has a seed.

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The tangelo is a cross between the tangerine and grapefruit but it looks and tastes like an orange. It peels like a tangerine, but is a little larger. There are many varieties of the tangelo—with a flavor and texture all their own.

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How long does frozen orange juice keep in the freezer? If kept at zero degrees it will keep its quality—use within one year.

LOOKING AHEAD
——With a Basic Forecast

A larger output of meat in 1974, particularly pork, will likely provide for increased per capita meat consumption, according to economists at the U.S. Department of Agriculture. Chicken and turkey meat are also likely to be in greater abundance next year if the 1973 harvest of feedgrains is up to expectations and feed prices decline some. The increased per capita supplies of meats and poultry should help to slow the rise in retail prices, according to the Economic Research Service of USDA, in their National Agricultural Outlook.

Farm prices and income will continue strong at least through '73 and possibly part of '74, according to the forecast, however—meat animal prices are expected to be turning down in the second part of '73. They will continue downward into '74 according to the outlook at this time.

In fiscal year 1974, a drop in U.S. exports from the record level of this fiscal year is expected. The extent of the decline will depend, of course, on the weather in major producing and importing nations.

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COST OF CALCIUM-EQUIVALENT PORTIONS OF MILK AND MILK PRODUCTS

Milk product (1)	Market-unit size (2)	Portion that provides as much calcium as 1 cup whole fluid milk (3)	Portions per market unit (2)÷(3) (4)	Price per market unit [1] (5)	Cost per calcium-equivalent portion (5)÷(4) (6)
		Amount	Number	Cents	Cents
Nonfat dry milk	12 quarts	1 cup reconstituted (1/3 cup dry)	48.0	147	3
Evaporated milk	large can (1-2/3 cups)	1/2 cup	3.7	18	5
Fresh skim milk	half-gallon	1 cup	8.0	57	7
Whole fluid milk	half-gallon	1 cup	8.0	57	7
Grated Parmesan cheese	8 ounces	3/4 ounce (2½ tablespoons, packed)	10.7	78	7
Cheese spread	2-pound box	1-7/8 ounces	17.1	125	7
Buttermilk	1 quart	1 cup	4.0	33	8
Natural milk Cheddar cheese	1 pound	1-1/3 ounces	12.0	102	8
Process American cheese	1 pound	1½ ounces	10.7	93	9
Process American cheese	12 ounces	1½ ounces	8.0	71	9
Natural swiss cheese	1 pound	1¼ ounces	12.8	117	9
Cheese spread	1-pound jar	1-7/8 ounces	8.5	93	11
Ice milk	half-gallon	1½ cups	5.3	62	12
Cheese spread	5-ounce jar	1-7/8 ounces	2.7	37	14
Cheese food	8 ounces	1-7/8 ounces	4.3	68	16
Ice cream	half-gallon	1½ cups	5.3	96	18
Half-and-half	1 pint	1-1/8	1.8	38	21
Cottage cheese, creamed	2 pounds	10-3/4 ounces (1-1/3 cups)	3.0	64	21
Plain yogurt [2]	8 ounces	9½ ounces (1 cup)	.8	24	30
Sour cream	16 ounces	10 ounces (1¼ cups)	1.6	55	34
Natural blue cheese	4 ounces	3¼ ounces	1.2	45	38
Fruit-flavored yogurt [2]	8 ounces	12-2/3 ounces [3] (1-1/3 cups)	.6	24	40
Coffee cream	1 cup	1¼ cups	.8	34	42
Cream cheese	8 ounces	17 ounces	.5	34	68

1/ Prices from three Washington, D.C., supermarkets, May 1972 - store brand or least costly brand.
2/ Made from part skimmed milk.
3/ Assumes product is 75 percent plain yogurt.

THE MILK FAMILY

——calcium and the price

What is the most important food source of the mineral calcium? First, it's milk, according to the family economists at the Agricultural Research Service of the U.S. Department of Agriculture. Cheeses, ice cream, ice milk, yogurt, and other milk products can also be counted on to supply this nutrient.

The cost of calcium from the different foods varies greatly. Knowing how to shop for good buys is not easy—but a comparison of different products is useful in making your selections. First, you have to compare the same calcium content—and figure by pound or ounce, or by volume such as gallon, quart or fluid ounce. If you want to compare the calcium from a half-gallon of milk, a shopper needs to buy 12 ounces of process American cheese. A layman in nutrition might not figure this quickly.

Milk products in the table on page 2 are listed according to increasing cost per calcium-equivalent portion as priced in Washington, D.C. supermarkets during May 1972. According to this, in terms of calcium, the best milk bargains were non-fat, dry milk and evaporated milk. These cost one-half to two-thirds as much as whole fluid milk. Cottage cheese and ice cream may cost two to three times as much as fluid whole milk. Within a cost range of 7 to 12 cents per portion, a family could choose its milk in various forms, flavors, and textures to be used in different ways—as beverage, main-dish ingredient, sandwich filler, or dessert.

Plain yogurt, sour cream, blue cheese, fruit-flavored yogurt, coffee cream, and cream cheese usually cost four to ten times as much as whole milk per calcium-equivalent portion.

Package size of the cost of various milk products was not consistent in the survey-chart, such as cheese spread purchased in the one pound size cost 11 cents per portion compared with 7 cents in the two pound size. A formula for comparing costs per calcium-equivalent portion is available by writing to Food and Home Notes, (see address on page 4).

A HOME GARDEN THIS YEAR
——Why not?

You only need a small back yard or some other plot near your home. Of course, you need a desire to dig, water and weed, a little. You can spend the remaining dull months (if there are any) diagraming the garden rows on paper for your master plan to grow vegetables in the home garden. Short on space? You can plan your vegetables in front of your shrubbery if you don't really have enough space for a vegetable garden. You can even grow some in containers—if need be.

If you don't have enough sunlight in your designated spot you can plan to grow leafy vegetables in the shade. Save the real sunlight area for producing fruit. It's helpful if you have a fence sufficiently high for keeping out dogs, rabbits, and other animals. You can use the fence as a trellis for beans, peas, tomatoes, and other crops that need support.

Good drainage of the soil is essential, as is the control of plant pests. And organic matter improves soil as a growing medium for plants. (If you use a scale of a selected number of feet to an inch you can decide how much seed and how many plants to buy.)

In small gardens, weeds can be controlled with black polyethylene mulch supplemented by hand weeding such as pulling, hoeing, and wheel hoeing. It conserves moisture, warms the soil, and hastens maturity of vegetable crops.

What vegetables may be grown in small areas? Eggplant is a popular vegetable that requires little space, peppers (all varieties) require little space, and tomatoes may even be grown in a container; okra and cucumbers are others you may consider. Don't try for sweet corn or watermelon or even asparagus plants—they really need space. It is time to plan though—if you're interested in breaking the terra firma, you'd better consider it soon. After all, you can usually eat the results!

COMMENTS & INQUIRIES TO:
Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A
Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.
Or telephone (202) 447-5898.